

# CHALLENGE AGEISM

AGEISM IS WHEN SOMEONE TREATS YOU UNFAIRLY BECAUSE OF YOUR AGE. AGEISM AFFECTS US ALL AND IS HARMFUL



LIST 6 WAYS AGEISM AFFECTS US

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SHARE 1 EXAMPLE OF AGEISM YOU HAVE ENCOUNTERED:

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SHARE 5 IDEAS YOU HAVE TO CHALLENGE AGEISM:

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# CHALLENGE AGEISM

WHAT DOES THE WORD  
“AGEISM” MEAN TO YOU?  
HAVE YOU HEARD IT  
BEFORE?

HOW COULD  
AGEISM  
AFFECT YOUR  
HEALTH?

HOW DO  
STEREOTYPES  
CONTRIBUTE TO  
AGEISM?

THINK ABOUT:  
• UNINTENTIONAL AGEISM  
• COVID AGEISM

WHAT CAN WE DO TO  
CHALLENGE AGEISM WHEN  
WE  
ENCOUNTER IT?

WHAT ARE OUR OWN  
SELF-PERCEPTIONS  
OF AGEING?

HOW DOES OUR  
PERSPECTIVE ON  
AGEING  
EVOLVE AS WE  
OURSELVES AGE?



**WORLD ELDER ABUSE  
AWARENESS DAY**

is June 15th!



National Safeguarding Office